



Prime Time News

October 2018

Fitchburg Senior Center
Volume VIII Issue 10

Look Ahead

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Friday, November 9

Travel Show!

October 4
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Meet The Chief

Come meet the new Chief of Police, Chad Brecklin. Thursday, October 25 at 11:00 a.m.



Downsizing Your Stuff: Planning Ahead

Whether you plan to move in six months or three years, come to the “Downsizing With Ease” seminar on Oct. 18 at 1:00 p.m. at the Fitchburg Senior Center to learn downsizing tips, what sells, and how to sell it. Also learn about the ups and downs of reducing stuff and relieving stress. Marianne Gariti, owner of Moving Forward, will offer advice, answer questions and help guide your concerns to acceptable solutions. Ruth Domack, First

Weber, Inc., will explain the current real estate market, how to prepare your home for sale, and how to address the concept of “staging”. Sara Sigl, Community Relations Director of The Waterford in Fitchburg, will help guide you through the maze of senior housing options.

Call to register. 270-4290.



Flu Shots W/ The Fitchburg Family Pharmacy

Thad Schumacher is back once again offering flu shots on Wed., Oct. 17 from 9:00–11:00 a.m. No lines, hot coffee, and treats, so come on in! Vaccination is \$35 for injection (out-of-pocket). Medicare B/Medicaid also accepted as payment. You will need to present your card.

Comprehensive Medication Review - Sign Up Now

The United Way, along with the FSC, will be providing medication reviews with a qualified and trained UW pharmacist. You can qualify for this free service if you are age 60+; 2. Your annual income does not exceed \$64,000; 3. You can answer yes to one of the following questions: Do you take three or more medications that include prescriptions, herbals and over the counter? Do you ever feel dizzy? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy to fill your medications? If you qualify, please call for an appointment on Oct. 18 from 9:00 a.m. to 3:00 p.m. Space is limited to 12.

**Some medications can make you feel dizzy or even cause a fall. Some medications might interact with each other. The more medications you take, the more likely you are to have a negative drug interaction! Please bring ALL medications/herbals including inhalers and dispensers.*

Planning You Need To Make

Have you thought about end-of-life preferences for yourself or a loved one? Is it difficult to know how to have the conversation? Are you looking for forms or resources to ensure your desires are known and followed?

Join us on Wednesday, October 17 at 6:30 p.m. at the Fitchburg Senior Center to learn more about how to start these difficult conversations, including information on available options, forms and resources. Dawn Grelle, BCPA (Board Certified Patient Advocate) of A New Dawn Patient Advocates will be our presenter.

Early Voting Schedule—City Hall

Oct. 22-26: 7:30 a.m.—5:00 p.m.
 Oct. 29&30: 7:30 a.m.—6:00 p.m.
 Oct. 31&Nov. 2: 7:30 a.m.—5:00 p.m.
 Nov. 1: 7:30 a.m.—7:00 p.m.

If you need a ride, please call the Senior Center at 270-4290. A representative from the League of Women Voters will be at the Senior Center with voter information on Monday, October 8 from 10:30 a.m.—12:00p.m.

"The Sights and Sounds of Cognitive Decline"

Did you know that uncorrected deficits in vision and hearing can accelerate cognitive decline?
 Join us for a fun-filled educational session!

Topics will include:

- 1) Normal vs. Abnormal signs and symptoms of cognitive decline
- 2) How to recognize cognitive decline in self or others, and when to seek evaluation.
- 3) Strategies to minimize or slow cognitive decline in fun ways!

Monday, October 22 at 11:00 a.m.

Mind



Body

Spirit

Memory Café

Every third Thursday.
 Next meeting Oct. 18 at
 10:30 a.m. Pumpkin
 Decorating!

Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
 Join us on Thursday,
 October 11 at 10:00 a.m.

Parkinson's Support With Bob Gilpatrick

Monday, October 15
 at 2:00 p.m.

Wellness Checks W/ The Nurse

Thursdays 10:00 a.m.—12:00 p.m.
Services Offered:
Blood Pressure/Glucose Checks/Weight
 Individual education on: chronic health problems,
 healthy lifestyles, nutrition, med management.
 Walk-ins welcomed. 270-4290

Travel!

Travel!

Day Trips

NEW: Kohler Holiday Market @ Wreath
Factory, Kohler, WI

Friday, Nov 16, 2018. Stops at the Wreath Factory in Plymouth, WI., Wisconsin Holiday Market and lunch at Antoinette's Signature Pasta Entrees. Cost \$85. Departure: 7:00 a.m. Estimated Return: 6:30 p.m. all from Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations. Payment by October 10, 2018.

Holiday Stocking Stuffer, Lake County, IL,
Wednesday, Nov 7, 2018. Lunch included. Cost \$100.00. Departs 6:10 a.m., estimated return 7:50 p.m. Pick up and drop off at Fitchburg Senior Center lower level. Contact Badger Bus 1-800-416-2049 for reservations.
Payment by October 8, 2018.

For questions contact Sharon Trimborn at
608-271-9077, Senior Center Day Trip Travel
Volunteer.



TRAVEL SHOW

Thursday, October 4 at 1:00 p.m.

2019 Travel

with

Country Travel Discoveries

Blue Ridge Country & Biltmore Estate

May 5th–11th–2019

The Hermitage, Smoky Mt. Opry
Great Smoky Mt. N.P., Blue Ridge Pkwy.,
Biltmore Estate, Smoky Mt. Railroad,
Chattanooga, Incline Railway,
Lookout Mt., Jack Daniels Distillery



Ireland

July 9th–19th–2019

Dublin, Belfast, Titanic Experience,
Giant's Causeway, Cliffs of Moher,
Beleek Factory, Ring of Kerry,
Kylemore Abbey, Burren N.P.
Blarney Castle, Waterford



Fitchburg Senior Center Friends
Questions? Call Kathy S. 608-274-2768



FITCHBURG CENTER
Farmers Market AT AGORA
THURSDAYS, MAY-OCTOBER | 3PM - 6PM
5511 E. CHERYL PARKWAY, FITCHBURG
FITCHBURGMARKET.COM

Strawberry Fest
June 21st

Kids Fest
July 19th

Pig Roast
August 16th

Fall Fest
September 20th



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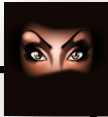
REACH Book Club

REACH Book Club will meet on October 11, 2018. We will discuss the book, *Tell the Wolves I'm Home* by Carol Rifka Brunt. "A moving story of love, grief, and renewal as two lonely people become the unlikely of friends and find that sometimes you don't know you've lost someone until you've found them. An emotionally charged coming-of-age novel, *Tell the Wolves I'm Home* is a tender story of love lost and found, an unforgettable portrait of the way compassion can make us whole again."

Books for the coming year are listed below:

Nov. 8: *The Tea Girl of Hummingbird Lane* by Lisa See. Dec. 13: *Pilgrims: A Woebegon Romance* by Garrison Keillor. Jan. 10: *Claire of the Sea Light* by Edwidge Danticat. Feb. 14: *Look Homeward Angel* (Classic) by Thomas Wolfe. Mar. 14: *Chilbury Ladies Choir* by Jennifer Ryan. Apr. 11: *The Lost City of the Monkey God* by Douglas Preston. May 9: *The Cherry Harvest* by Lucy Santa. June 14: Choose books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.
We do not meet in July or August.



The *I Love a Mystery Book Club* will meet on **Thursday, October 25, 2018 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *The Kill Artist* by Daniel Silva. This is book #1 in the Gabriel Allon series. Immersed in the quiet, meticulous life of an art restorer, former Israeli intelligence operative Gabriel Allon keeps his past well behind him. But now he is being called back into the game—and teamed with an agent who hides behind her own mask...as a beautiful fashion model.

Groups



Men's Group

Join us for our next meeting on
Tuesday, October 9 at 2:00 p.m.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Men's Group.



Active Women's Group

Join us for our next meeting on

Tuesday, October 23 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:
www.fitchburgwi.gov/823/Groups-to-Join
and click on Active Women's Group.



Couples Dinner Group

On **Tuesday, October 16**, The Fitchburg Couples Dinner Group will dine at the Essen Haus in Madison.
Cocktails at 5:00 p.m. with dinner at 5:30 p.m.

Women's Brunch

Women's Brunch at The Egg and I on the second Monday of every month at 10:00 a.m.

Those who would like to join should e-mail Sandy Ermis at skermis@hotmail.com or call 608-358-1698.

Marvelous Medicare!

Open Enrollment is October 15–December 7.

-Is your plan meeting your needs?

-Have your health or prescription needs changed over the past year?

-Are you satisfied with your doctor, your drug plan, your costs?

-Are your healthcare costs in line with your budget?

-Do you know your options?

Join us Wednesday, October 24 at 10:30 a.m. for a Medicare Workshop. We'll cover the ins and outs of Medicare, your options, and the timeline. Our Medicare Workshop will be hosted by Allen and Leigh Maxwell, UHC Medicare Advisors.



Fitchburg Singers—Come Sing W/Us!

The Fitchburg Singers practice the 1st & 3rd Wednesday at 1:00 p.m.

Did you know that the singers have 25 + retirees who love to sing? There is a spot waiting for you! Love to perform? They do that too!

Walk in Medicare Clinic in partnership with Allen Maxwell Farmers Insurance Agency. Stop in to learn more about Medicare and many other cost saving options.

Leigh Maxwell

2980 Cahill Main, 205

Fitchburg, WI 53711

608.630.9776 / 608-772-5700



Did You Know?

Senior Center Help

Home visits / Three-Month Loan Closet / Meals on Wheels / Home Health / Insurance / Medicare Part D / Medicaid

Call Amy Jordan or Sarah Folkers at 270-4290 today!



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Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for 2019 Medicare Part D plans is Oct. 15 - Dec. 7, 2018. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2019. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket! Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets.

If you are single and your income is less than \$1,518 per month, and your assets are below \$12,600 you may qualify for Extra Help.

Appointments are available on Oct. 15 and Nov. 8 between the hours of 8:00 a.m. and 4:00 p.m. To make an appointment, please call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

Fun Zone



Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m. (two tables)

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.




\$20 Blackout Bingo!! Oct. 11

Special Sponsor:

*****Avalon Senior Living*****

Game begins promptly at 12:30 p.m.



Won't You Be My Neighbor

The life of Mr. Rogers!

Friday, October 26 at 12:40 p.m.



Ukulele Network

The uke group strums every Tuesday at 1:00 p.m.

Do you have a ukulele and already know some basic chords?

Come play with us! Call Judy at 608-514-3274.

YES!!

Library Shuttle now available every Wednesday!
Call 270-4290 by noon one day in advance to register.

Exercise Opportunities

P.7

Zumba Gold

Thursdays: 10:00-10:45 a.m. \$18.75

November 8, 15, & 29 (only three this month).

Minimum sign-up of six.

Call 270-4290 or stop by to register and make payment.



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$12 per month.

Build Your Core

Three weeks of exercises to help you remain active in your daily routine to improve strength and balance. Exercises will be performed standing, sitting, and on the floor.

Wednesdays: 9:30-10:30 a.m. \$25.

November 7, 14, 21, & 28

Call 270-4290 or stop by to register and make payment.



Tai Chi Thursdays

8:30 a.m. Beginner-friendly.

Donations at the front desk welcomed.

Yoga W/ Kurt—FALL SESSION 1

Mondays: Level 2: Nov. 5–Dec. 17; 9:15-10:30 a.m.; 6 weeks; \$48. **skip Dec. 10**

Level 1: Nov. 5–Dec. 17; 10:45 a.m.-12:00 p.m.; 6 weeks; \$48. **skip Dec. 10**

Wednesdays: Level 2: Nov. 7–Dec. 19; 9:15-10:30 a.m.; 7 weeks; \$56.

Level 1: Nov. 7–Dec. 19; 10:45 a.m.- 12:00 p.m.; 7 weeks; \$56.

Call 270-4290. Payment due upon sign-up.



Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends, we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk, or you can speak with a staff person to obtain an application. All applications are kept confidential.



Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.

Outdoor Pickleball

Swan Creek tennis courts reserved Tuesdays 8:00 a.m. -12:00 p.m. Open play

Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. **MUST indicate wheelchair upon sign-up.** Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for **medical ride requests that require wheelchair transport.** Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—SSM Health. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$22 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Diabetic Footcare

October 19

The cost of this clinic is \$30. Please call 270-4290 to schedule an appointment.

Blood Pressure
Offered during the "Wellness Check" hours:
10:00 a.m.—12:00 p.m.
No appt. needed.
Every Thursday.



Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings
15 minutes = \$11 / 30 minutes—\$22
Call 270-4290 to register.



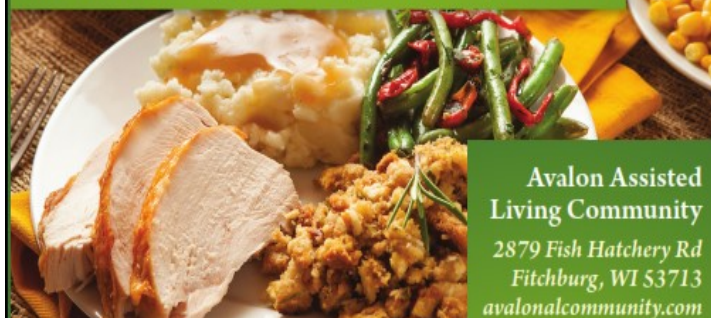
New!

Hair Care

Appointments occur one Monday per month – please call for dates/times. We are asking for a \$15 donation for the service. Payment must be made at the front desk prior to your appointment.

Call 270-4290

Call 608.274.4350 today to schedule a tour and enjoy a complimentary lunch!



Avalon Assisted Living Community
2879 Fish Hatchery Rd
Fitchburg, WI 53713
avaloncommunity.com

The Fitchburg Senior Center Friends

The Fitchburg Senior Center Friends Board extends a sincere thank you to the hearty volunteers who braved the Labor Day weather to assist with the Eplegaarden Ice Cream Social, and to those who had better weather while volunteering for Grandparents Day the following weekend.

September, the month to celebrate seniors, included the participation of four fine restaurants who provided 20% discounts to seniors from our area dining on a selected Wednesday of the month. They were Quivey's Grove, Me & Julio, Benvenuto's and Hy-Vee Market Grille. A big thank you to the four restaurants for their generosity!

Special needs were supported in the amount of \$500 by the Friends.

Enjoy the changing weather!

Make Your Voice Count!

A group of dedicated volunteers drafted goals to prioritize programs & services for Dane County senior adults (age 60+) covering 2019-2021. Please visit this link (<https://www.surveymonkey.com/r/AAAGoals>) during October to review the goals and provide your input.

Your ideas are very important-thank you!



Meals in Memory....

In memory of Saroj and Sushil Bansal, who were long-time participants at the Senior Center, lunch on the 4th Monday of every month will be sponsored in their memory. *All who join us for lunch on this day will not need to make a donation.*



Medical Insurance Solutions for Seniors

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Diane Dillett, CLTC, LUTCf

Phone: 608-662-8288
Fax: 866-838-7749

diane@dillettcompany.com
www.dillettcompany.com



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5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov

Jill McHone, Director
David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Suzie Jones, Office Asst.



Accredited by the Wisconsin
Association of Senior Centers



For general questions, email us at:
FitchburgSeniorCenter@fitchburgwi.gov



Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

**Fitchburg Family
Pharmacy**

Thad Schumacher, PharmD

tschumacher@fitchburgfamilyrx.com

Location: Fish Hatchery Road and High Ridge Trail

Phone: (608) 274-3784

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9am-6pm, Mon-Fri

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October 2018

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Italian Sausage on Bun Roasted Potatoes Stewed Tomatoes Orange Ice Cream VO – Veggie Meatballs NCS – SF Ice Cream	Chili Baked Potato Sour Cream Banana Cornbread Rice Pudding VO – Veggie Chili NCS – SF Pudding	Taco Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Cake VO – Veggie Taco NCS – SF Cookie	Pulled Pork on Bun Creamy Coleslaw Carrot Raisin Salad Grape Juice Pudding VO – Black Bean Burger NCS – SF Pudding	Brats w/Kraut on Bun Stewed Tomatoes Banana Carmel Apple Crisp VO – Cheese & Tomato Sandwich NCS – SF Cookie
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Beef Pot Pie w/biscuit top Creamed Spinach Apple Juice Cake VO – Veggie Pot Pie NCS – Pineapple	Chicken and Gravy Over bread Mashed Potatoes Green Beans Orange Cookie VO – Soy and Gravy NCS – SF Cookie	Fish Sandwich Cheese Slice Yams Coleslaw Fruit Cup Strawberry Jello VO – Garden Burger NCS – SF Jell-o	Meatballs Marinara Over Penne Carrots Mixed Greens Salad Banana Ambrosia Salad VO – Veg Meatballs NCS – Oranges	Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie VO – Egg Salad NCS – SF Pudding
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff VO – Black Bean Burger NCS – SF Jell-o	Egg Salad Sandwich Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip VO – N/A NCS – Orange	Beef Stew Biscuit Green Beans Chunky Apple Sauce Banana Cake VO – Veggie Wrap NCS – SF Cookie	Chicken Mac Casserole Peas Tomato Juice Pineapple Pudding VO – Mac & Cheese NCS – SF Pudding	BBQ Ribs Cheesy Potatoes Roasted potato/ onion/carrot French Roll Apple Pie w/IceCream VO – Veggie Meatballs NCS – SF Ice Cream
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Cheese Tortellini Bread Stick Spinach Mandarin Oranges Blueberry Crisp VO – Veggie Tortellini NCS – SF Cookie	Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange WW Bread Tapioca Pudding VO – Hummus Wrap NCS – SF Pudding	Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet VO – Soy a la King NCS – SF Ice Cream	Meatloaf Mashed Pot w/Gravy Corn White Bread Apple Juice Cake VO – Bean Burger NCS – SF Jell-o	Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit Spiced Apples
Monday 29	Tuesday 30	Wednesday 31	Friday Salad Option	
Pizza Burger Navy Bean Salad Marinated cucumbers Banana Cookie VO – Garden Burger NCS – SF Cookie	Ham and Potato Casserole California Blend Fruit Cup MG Bread Chocolate Cream Pie VO – Soy & Potato NCS – SF Pudding	Enchilada Casserole Corn Tossed Greens w/tomatoes Cheesecake Brownie VO – Bean Burrito NCS – SF Jell-o	(Salads are dine-in only) 5th – Pulled Pork Santa Fe Salad 2nd – 7 Layer Salad 19th – Harvest Salad 26th – Chicken Confetti *Meal has pork product*Reservations <u>must</u> be made by <u>12:00 the day before</u> by calling 270-4290*	

October 2018

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart 12:45 PM Euchre 1:00 PM Mahjong	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM FSC Friends 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:00 PM Travel Show	8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Shop-Pick N Save 11:00 AM F-Fitness 1:30 PM Scrabble
8	9	10	11	12
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Woodmans 2:00 PM Men's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Caregiver Support 10:00 AM Visiting Nurse 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 1:30 PM Scrabble
15	16	17	18	19
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art 2:00 PM Parkinson's Support	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-South Town 12:45 PM Euchre	8:30 AM Aerobics 9:00 AM Flu Shots 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko 1:00 PM Singers	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 10:30 AM Memory Cafe 12:30 PM Bingo!! 1:00 PM Sheepshead	8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Shop-Pick N Save 11:00 AM F-Fitness 1:30 PM Scrabble Diabetic Footcare
22	23	24	25	26
8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Hookers 10:00 AM Shop-Target/HyVee/Aldis 2:00 PM Women's Group	8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko	8:30 AM Cross Stitch 8:30 AM Tai Chi 10:00 AM Visiting Nurse 11:00 AM Meet The Chief 12:30 PM Bingo!! 1:00 PM Sheepshead 1:30 PM Mystery Book Club	8:30 AM Aerobics 9:00 AM Ping Pong 11:00 AM F-Fitness 12:40 PM Movie Day 1:30 PM Scrabble
29	30	31		
8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness	8:30 AM Pickleball 8:30 AM Quilters 10:00 AM Shop-Walmart	8:30 AM Aerobics 9:45 AM Aerobics 10:45 AM Library Shuttle 11:00 AM F-Fitness 1:00 PM Bunko		

Sep 2018

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Nov 2018

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Learn To Play Chess



Moulik Mehta will teach beginners how to play chess in one hour for FREE!

****For those of you who know how to play, Moulik will teach specifics about the opening, middle game, and endgame, to make you a better player.**

****The instruction will overlap between beginners and refreshers and will conclude after two hours.**

****You must call 270-4290 to register.
Saturday, Oct. 27 at 1:00 p.m.**

Bucky Book Swap

Get rid of the Bucky Book coupons that others want and in return, get the ones you will use!

The best way to swap is to write down the page number of each coupon you want. The swapping is fast, it's furious and lots of fun!

Join like minded individuals on Tuesday,
October 16 at 2:30 p.m.

Let the swapping begin!!!!

Any questions, call David at 270-4292